



October 27, 2014

Mr. Jim Varpness
Administration on Aging,
Chicago/Kansas City Regional Support Center
Administration for Community Living
U.S. Department of Health & Human Services
233 N. Michigan Ave., Suite 790
Chicago, IL 60601

Dear Mr. Jim Varpness:

The Iowa Department on Aging is requesting a two-year extension to its current Iowa State Plan on Aging for federal fiscal years 2014 and 2015. With approval of this request, the plan will remain in effect for federal fiscal years 2016 and 2017.

Per AoA-PI-14-01, a state unit on aging with a current two-year state plan may extend the plan without amendment if the agency does not plan to make changes to its intrastate funding formula, major programs or initiatives, planning and services areas, agency on aging structure, or planned objectives. The Department affirms that no changes are planned which would require the submission of a plan amendment. The enclosed update describes activities demonstrating progress toward achieving the goals and objectives defined in the current plan.

Thank you for your consideration of this request.

Sincerely,

A handwritten signature in black ink that reads "Donna K. Harvey". The signature is written in a cursive, flowing style.

Donna K. Harvey, Director
Iowa Department on Aging

Enclosure: Iowa State Plan on Aging Update

Iowa State Plan on Aging Update

IDA and IME Balancing Incentives Program Partnership. The Department is an active partner with Iowa's Department of Human Services-Iowa Medicaid Enterprise (IME) in Iowa's Balancing Incentives Program (BIP). The goal of the BIP is to increase access to non-institutional long-term services and supports (LTSS). A key strategy to attain this goal is an accessible and readily identifiable no-wrong door system that connects persons needing these services with individualized services and supports. Recently, the Department signed a contract with IME to pursue development and expansion activities that will result in the ADRC program serving as Iowa's no wrong door system. This system will provide access through toll-free telephone support, an interactive web site, and in-person support at local agencies. This partnership and the development and expansion activities impact objectives in Goals 1 and 2 as outlined in the current state plan.

Goal 1: Empower older Iowans, their families, and other consumers to make informed decisions about, and to be able to easily access, existing health and long-term care options.

Objective 1.1: Expand ADRC network statewide to ensure access to and continuity of all OAA core program services.

- All six area agencies on aging (AAAs) have been designated as Aging and Disability Resource Centers. In Iowa, the ADRC system has been branded as LifeLong Links.
- All six AAAs will serve as local coordination centers and main access point in Iowa's no-wrong door system.
- In addition to the AAAs serving as local coordination centers to provide in-person support, the statewide LifeLong Links toll-free number and web site have been established.

Objective 1.2: Ensure all ADRC (LifeLong Links) consumers receive standardized information about the eligibility determination and enrollment process.

- The Department and AAA staff will review and revise the standard operations procedures manual to ensure consistency in service delivery to LifeLong Links consumers.
- The Department and AAA staff will implement standardized assessment tools to identify consumers who may be eligible for public assistance programs and streamline collection of application information.
- Through contracted partnerships with IME and the Iowa Department of Transportation's Veterans Transportation and Community Living Initiative, the Department will develop a call system and a robust web portal and database system with local provider information for consumers and professionals.

Objective 1.3: Ensure all Iowans receive long-term supports and services information and counseling in a manner that allows them to make choices about private and public pay services available to meet their independent living goals.

- The Department is implementing Boston University's person-centered planning curriculum for all Options Counselors. Person-centered planning involves the development of a budget-conscious plan based on the consumers' values, needs, and preferences, assistance in accessing both public and private programs and services, and standard procedures for follow-up.
- As part of its Dementia Capability for Persons with Alzheimer's Disease and Related Dementias grant activities, the Department will partner with the Greater Iowa chapter of the Alzheimer's association to ensure the LifeLong Links network is responsive to Iowans experiencing Alzheimer's disease or related dementias and their caregivers

Goal 2: Enable lowans to remain in their own homes with high quality of life for as long as possible through the provision of home and community-based services, including supports for family caregivers.

Objective 2.1: Improve the provision of Home and Community Based Services to the non-Medicaid population.

- The Department's LifeLong Links marketing plan includes strategies to reach older lowans who are not Medicaid recipients but are likely to need HCBS.
- As part of its No Wrong Door System for All Populations and All Payers grant activities, the Department will develop and implement a detailed three-year sustainability plan that will include options for implementing a fee-for-service model.

Objective 2.2: Improve quality and consistency of person-centered planning services.

- In collaboration with the AAAs, the Department will institute a training protocol and requirements to ensure that all Options Counselors meet professional standards, including use of the person-centered planning model.
- The Department will implement standardized consumer experience surveys targeted toward LifeLong Links IR&A and options counseling consumers.
- With consultation from the University of Iowa, the Department is developing a Quality Assurance and Improvement framework to evaluate the effectiveness of LifeLong Links services.

Objective 2.3: Promote and provide caregiver training and support activities.

- In addition to the current AoA funded caregiver programs, the Department is working to:
 - Improve access to and quality of respite services as part of its Lifespan Respite grant activities.
 - Increase options counseling and care transition services to lowans experiencing Alzheimer's disease or related dementias and their caregivers as part of its Dementia Capable grant activities. This activity includes the use of an evidence-based assessment tool to measure the impact of these services on caregiver wellbeing.

Goal 3: Empower older lowans to stay active and healthy through Older Americans Act services.

Objective 3.1: Strengthen the infrastructure and promote the benefits of the Older American Act Nutrition Program.

- House File 2473, enacted pursuant to Iowa's 2014 legislative session, appropriated \$250,000 to the Department to provide congregate and home-delivered meals to food-insecure older lowans. To address this need, the Department and the AAAs are pursuing an innovative partnership to provide meals through local grocery store cafeterias.

Objective 3.2: Promote health and wellness initiatives for older lowans

- Together with the Iowa Department of Health, the Department is implementing the Fresh Conversations program. This program is aimed at improving senior health by promoting consumption of more fruits and vegetables, increasing physical activity, and improving food safety awareness.
- As part of its Fall Prevention grant activities, the Department is working to increase the participation of older adults and adults with disabilities at risk for falls in evidence-based fall

prevention programs and to embed evidence-based fall prevention programs into an integrated, sustainable fall prevention network.

Objective 3.3: Promote self-sufficiency of qualified older Iowans through skills training that will enhance employment opportunities through the Senior Community Service Employment Program (SCSEP).

- AARP, one of Iowa's SCSEP grantees, is implementing two pilot programs to expand services supporting older Iowans seeking employment. They will provide participants with Social Security benefits planning as an Employment Network under Social Security's Ticket to Work program. In addition, they are offering participants extended wrap-around services beyond employment training, such as housing, benefits assistance, and additional specialized trainings, to ensure self-sufficiency.
- In collaboration with Iowa Vocational Rehabilitation Services, each AAA now employs an employment specialist to work with vocational rehabilitation clients aged 55 and older who require job placement assistance and could benefit from HCBS in order to obtain gainful employment.

Goal 4: Ensure the rights of older Iowans and prevent their abuse, neglect and exploitation

Objective 4.1: Increase public awareness of abuse, neglect, and exploitation including financial exploitation.

- House File 2463, enacted pursuant to Iowa's 2014 legislative session, appropriated \$525,000 to the Department to initiate an Elder Abuse Prevention and Awareness program. Each AAA will employ an Elder Rights Specialist to assist older Iowans who may be experiencing abuse, neglect, and exploitation and to engage in outreach to raise public awareness of these issues.

Objective 4.2: Preserve and protect the rights of residents and tenants.

- House File 2463, enacted pursuant to Iowa's 2014 legislative session, appropriated \$107,608 to the Office of the State Long-Term Care Ombudsman to hire a Discharge Specialist. The Discharge Specialist will assist residents of long-term care facilities and tenants of assisted living programs facing discharge.

Objective 4.3: Strengthen guardianship and conservatorship laws and processes.

- House File 2463, enacted pursuant to Iowa's 2014 legislative session, appropriated \$288,666 to the Department to reestablish the Office of Substitute Decision Maker. The Office of Substitute Decision Maker is currently in the initial phases of collecting data and input to develop a plan to restore substitute decision-making services to Iowans.
- New provisions designed to provide relief from elder abuse, Senate File 2239, were enacted pursuant to Iowa's 2014 legislative session. The new law creates elder abuse civil protection mechanisms, similar to Iowa's domestic abuse orders of protection, and provides options for judges to utilize in court orders to stop elder abuse.
- The Iowa Uniform Power of Attorney Act, Senate File 2168, was enacted pursuant to Iowa's 2014 legislative session. The Iowa Uniform Power of Attorney Act is based upon the Uniform Power of Attorney Act and will assist in preventing, identifying, and addressing Power of Attorney abuse and financial exploitation.